

Red Pepper Houmous

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/happy-joe-s-italian-breadstick-recipe>

Ingredients:

- 2 1/2 cups chickpeas
- 1 large garlic clove
- 2 roasted red peppers from a jar
- 1 tablespoon lemon juice
- 2 tablespoons olive oil plus a bit extra for drizzling
- 1/2 teaspoon chilli powder
- Italian breadsticks
- celery sticks

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 50 grams
3. Fat: 16 grams
4. Fiber: 10 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 660 milligrams
8. Sugar: 1 grams

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